



# Ypsi Mix

312 N River Street, Ypsilanti

[www.ypsifoodcoop.org](http://www.ypsifoodcoop.org)

734-483-1520

## Local Vendor: Higher Grounds Coffee

—By Sarah Yearout



Last October, I visited Higher Grounds, one of YFC's coffee suppliers.

I can honestly say that it is unlike any coffee shop I have ever seen.

Located in Traverse City, this little coffee bar is tucked away in a campus-like complex called the Village at Grand Traverse Commons. Higher Grounds roasts the finest exotic berries from tropical regions in possibly the coolest home for a coffee shop there is. The coffee bar and roastery are surrounded by towering historic buildings that once served as the Northern Michigan Asylum. Best of all, their 100% Fair Trade Organic certified coffee ensures the crops were grown with respect for the farmers, workers, and the earth.

The coffee shop boasts a live coffee shrub (at right), as well as hand-made fair trade items. The combination of the two should spark the customers' interest. Perhaps the most important lesson to learn is that coffee comes from an important plant on which many small farmers in tropical regions depend for their livelihood.

Next time you're at the Co-op, check out our selection of Higher Grounds Coffee. Next time you're in Traverse City, stop by to see Higher Grounds Trading Company.



You can also visit Higher Grounds online at:

[www.highergroundstrading.com](http://www.highergroundstrading.com)

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# Resolving to Eat Local in 2012

—By Lisa Bashert



*Choosing local food can have a significant impact on our Michigan economy.*

What are some reasons to eat seasonally and locally in 2012? There are so many reasons!

**It's the Economy**—Your food money stays in Michigan. Did you know our state has more independent farms than any other except California?

**Fresher**—out of season produce that is purchased in the supermarket or a big-box store often has been in transit or cold-stored for days or weeks.

**Nutritious**—veggies start to lose vitamins immediately, with more than 45% gone within 5 days.

**Healthier**—In a paper published in October 2006 in the *Journal of Agricultural and Food Chemistry*, a team from the UC Davis demonstrated that organically grown tomatoes

have significantly more vitamin C than conventional tomatoes.

**Tastier**—locally grown items can include varieties that don't ship well but taste great. Refrigeration and shipping degrade the flavor of many foods.

**Seasonal**—By eating with the seasons, we are eating foods when they are at their peak taste, are the most abundant, and the least expensive.

**Cooler**—Less fuel to ship the food, less pollution, and reduces global warming.

**Safer**—Pesticides regulated here in the USA may still be used on veggies grown in other countries.

**More Variety**—When we buy locally, the farmer is free to try small crops of various fruits and vegetables that would probably never make it to a large



supermarket. Supermarkets are most interested in selling "name brand" food, like "Red Delicious" apples.

**Fights urban sprawl**—when we buy locally, farmers have markets and reasons to keep their land in agriculture. It keeps Michigan unique and beautiful.

**Cheaper**—Home preparation of raw foods saves money, when compared with convenience foods. That makes really good food affordable for people in almost any income bracket.

**Family Values**—Eating at home provides opportunities for families to share quality time together in creative, productive, and rewarding activities, which contributes to stronger families and communities.

**Sustainable**—for all of these reasons, it's sustainable.



## January Events

**Monday Jan 2, 2012**

**Co-op Closed until 11:00AM for Inventory**

**Monday Jan 9, 6:00-6:45pm**

**New Member Orientation**

"Get to Know Your Co-op!" with a short slide show and a tour of the Ypsi Food Co-op. New members especially invited, but all welcome!

**Friday Jan 13, 6-8 pm**

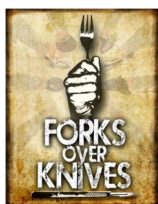
**Wine Tasting with Leelanau Cellars**

Enjoy seasonal wines like the Winter White, Raspberry, and the fun Great Lakes Red with the Co-op's new tasting license!

**Friday Jan 13, Potluck 6pm, Film 7:00pm**

**Film: "Forks Over Knives," Ypsi District Library (downtown), 229 W Michigan Ave, Ypsi**

Immediately following the 6pm Growing Hope Community Potluck—all are invited! Part of the Sustainability Film Series co-sponsored by YDL, YFC, Growing Hope, and Transition Ypsi. Upcoming films on second Fridays of each month include Is Wal-Mart Good For America? (Feb), The Eleventh Hour (March - joined by SolarYpsi guru, Dave Strenski), Czech Dream (April), and Grown in Detroit (May).



**Saturday Jan**

**14, 9 am—noon**

**Ugly Mug Coffee Tasting**

Rescheduled! December bouts of illness will not keep us from tasting our local roasterie's offerings! Join us as we taste Ypsi's own Ugly Mug Coffees. Learn more at: [uglymugcafeandroastery.com](http://uglymugcafeandroastery.com)

**Saturday Jan 14, 3 pm**

**Solar Talk with Dave Strenski**

**Ypsi District Library (downtown), 229 W Michigan Ave, Ypsi**  
Join Solar Ypsi volunteer Dave Strenski at the downtown YDL to learn more about solar power in our community.

**Monday Jan 23, 7pm**

**Salves, Tinctures & Teas for Winter Health**

Please join us for some hands-on learning. Salves, tinctures, and teas are easy ways to preserve plants' medicinal properties. We will make one of each—please bring a small jar for your tincture! RSVP by 1/20/12 to [lisa@ypsifoodcoop.org](mailto:lisa@ypsifoodcoop.org) or 483-1520.)



# Co-op Expansion Update

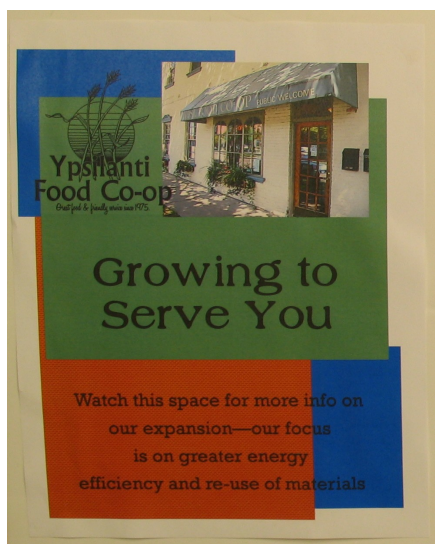
—By *Corinne Sikorski*

Lights are finally appearing in the grocery aisles! It's a little less romantic in the corner by the spaghetti sauce and pasta, now that our high-output florescent lighting is efficiently casting light where you need it to see the products and their ingredient labels! Track lighting with LED bulbs is being used above the new freezer and produce areas, and a new array of lights will be added to the bulk room as well.

During the week between Christmas and New Year's, we have taken the bulk bins next door temporarily to allow us to paint, clean, tuck-point the brick, wax the floor, re-do the lighting and re-organize the space. The back room stocking carts will no longer spill into the

bulk room, and the backstock shelves will be re-built. As we re-build the bulk section, new units will be added, and new selections of bulk items will be available! If you have a request for a favorite bulk item, please let us know.

In the meantime, you are welcome to visit the Co-op Annex where the bulk bins are temporarily set up while we do this work in the store. (Enter thru north door at 308 North River Street.) We anticipate having the bulk bins back in the store by the end of January.



(Right) Let there be LIGHT!



## Fabulous Fennel!

—By *Jen Whaley*

Maybe you've seen it in the produce case: a big white bulb with celery-like stalks, topped with delicate fronds reminiscent of dill. Maybe you've noticed it in a gourmet salad. But chances are, like most Americans, fennel is not at the top of your weekly grocery list.

A Mediterranean staple, fennel is related to parsley, carrots, dill and coriander. Fennel combines the texture of celery with a distinct anise (licorice) flavor. Fennel is high in vitamin C, potassium, and folate (an important B vitamin), and contains the phytonutrient *anethole*, shown in animal studies to be a powerful



cancer-prevention agent and anti-inflammatory.

Fennel's versatility is highly underrated – the bulb, stem, and leaves are all edible. It can be sautéed, roasted, braised, or grilled to make a tasty accompaniment to seafood. Raw, sliced fennel is great on sandwiches, or on a bed of spinach with avocados and oranges. Any way you slice it, you'll want to add fennel to next week's grocery list!

## Ypsilanti Food Co-op

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# Bench Press

—By Lisa Bashert

You may have noticed that the bench in front of the Co-op has been repaired. Thanks to Dave Strenski for volunteering his time! His notes about the new bench:

The wood was purchased at the ReUse center and is urban wood. So this was wood from some city resident's backyard. The wood is white oak. I choose white oak for it's rot resistance and sturdiness. The old boards went into the River Street Bakery wood pile, so it will find its way into the next loaf of bread as heat.

The old bench had lost the metal strap that tied all the wood slats together. Several of the wood slats were merely laying across the top and were not even attached to the bench. The metal supports under the bench had also rusted away.

The wood is all new, I used new bolts, the metal strap is new and back in place and I placed new supports under the bench. It should last for another 20 years.

Originally, three benches were purchased by the Mill Works Partnership in the late 1980s. There was a bench for each of the three addresses: 308, 310 and 312. One bench was stolen fairly early on. A second bench was ripped apart, leaving one of the metal sides, but the rest of the bench disappeared. (Oh, the bad old days in Depot Town!)

So, the remaining bench was concreted into the ground. No one has bothered it since, but that is why it sits so low to the ground. The wear from tired shoppers' feet has dug a nice little trench in front of the bench.



## Cooperatives

*Get ready!*

# Recipe: Crock Pot Cassoulet

Yield: Serves 8 to 10

2 tbsp plus 1/4 cup olive oil  
3 pounds smoked sausages (such as kielbasa)  
4 large leeks, thinly sliced  
6 large garlic cloves, chopped  
1 medium apple, peeled, chopped  
1 tbsp chopped fresh rosemary  
1 1/2 tsp dried sage  
1/2 cup brandy  
2 14 1/2-oz cans diced tomatoes  
3 lbs cooked white beans, liquid reserved  
3/4 cup baby lima beans, cooked  
1 cup (or more) chicken broth  
3 tbsp tomato paste  
1/2 tsp ground cloves  
4 cups diced baguette  
1/2 cup chopped fresh parsley  
Chopped tomatoes (optional), in season

Heat 2 tbsp oil in heavy large skillet over medium heat. Add sausages; sauté until brown, about 25 minutes. Transfer to plate and cut into 1/2-inch rounds.

Add chopped leeks and garlic to crock pot. Mix in apple, rosemary and sage. Add brandy and canned tomatoes with juices, cooked beans with 1/2 cup reserved liquid, lima beans, 1 cup chicken



broth, tomato paste and ground cloves. Add sausages. Season with pepper. Cover crock pot and cook on med-low for 4-6 hours or overnight.

The cassoulet can be made up to 2 days ahead and refrigerated.

Before assembling, re-warm the cassoulet in the crock pot, adding more chicken broth, if dry. Meanwhile, sauté bread until golden brown in the remaining 1/4 cup of olive oil over medium heat, turning often. Combine bread and parsley in large bowl. Season with salt and pepper. Add chopped fresh tomatoes in season. Spoon warm cassoulet over bread mixture.

Bake uncovered 15 minutes in a 350 degree oven and serve.

This classic dish from southwest France is worth the effort — soooooo delicious!